



# Risky Business

RCG RISK MANAGEMENT

## Sign up for class, get \$5 gift card

### INSIDE THIS ISSUE:

Address the I  
Stress

Here's  
Johnny

Barb 2  
Marlin

Daily 2  
Challenge

Meet 2  
MedPoint

HOT HOT 3  
HOT

Beat the 3  
Rush

## Address The Stress



**Topics:** Types of Stress, Effects of Stress on Your Health, & How to Manage Stress

**When:** Tuesday, August 16th @ 5:00 PM

**Where:** Rutherford Co. Extension 315 John R Rice Blvd., Suite 101

Email [John.Puckett@cigna.com](mailto:John.Puckett@cigna.com) to r.s.v.p.



Powered by  
Premise Health.



## Heeeeeeeere's Johnny!



Do you have a wellness story ready for a shout out? Nominate yourself or a coworker for the Employee Spotlight at:

[kperrien@rutherfordcountyttn.gov](mailto:kperrien@rutherfordcountyttn.gov)

Join us in welcoming John Daniel Puckett to the Smart Steps Employee Wellness team. A Wellness Program Coordinator with Cigna Healthcare, he's assigned to help Rutherford County employees.

Daniel received a Bachelor's Degree in Exercise Science from the University of Tennessee at Chattanooga. Previously, Daniel has served as a Senior Wellness Specialist overseeing the wellness program for FedEx in Memphis, Tennessee.

He enjoys designing wellness programs, personal training, and nutrition counseling. Daniel spends his spare time exercising, traveling, golfing, and attending sporting events. He can be contacted @ [John.Puckett@cigna.com](mailto:John.Puckett@cigna.com) or by calling the Risk Management office at 615-898-7715.



# Wellness Spotlight congratulates Barbara!!

Barbara Marlin “needed a change.” She felt unhealthy and she didn’t like it. A growing concern of hers came to light. She

had an “eye-opening” experience when her provider prescribed insulin to help control her diabetes. She knew she had to address the risk factors associated with diabetes before it was too late.

She began using Rutherford County’s Health Coach through MedPoint. She started practicing balance: balance in life and in eating.

In the beginning, she had some concerns-Barb is a picky eater! She was relieved to learn there “were no bad foods (got to have PNB)” and no real restrictions. She learned how to allow for all food groups.

She is most proud of sticking with this change and logging all her meals.

As a result of her work, she has lost 52 1/2 lbs., 60 1/2 inches, 14.4% of body wt., and 7.4% body fat.

By following her provider’s advice and applying new behavior changes, her A1C dropped 3.5 points!

**Barb’s advice:** Take advantage of the resources Rutherford County offers! MedPoint providers treat you and the onsite health coach guides you. Cigna gives online and telephonic programs to us, too.



**Barb wants you to remember:**

*“Don’t let one bad day or meal distract you from your plan of eating or exercise.*

*This isn’t an all or nothing deal! You’ll win some and lose some. Just keep the goal of winning more than losing.”*

Want to boost your energy, spirits, and increase your productivity at work? Join our Daily Challenge community.



It’s a fun way to **improve** your well-being each day, **challenge** your coworkers, and the **best** part is: it’s something easy and realistic to do. So...what are you waiting for? **Join** the movement and see how a little effort goes along way.

To receive the challenge, email [john.puckett@cigna.com](mailto:john.puckett@cigna.com)



Powered by  
Premise Health.

615-904-6770

## Meet MedPoint Staff Gayla Jones, RCMA



Gayla Jones is a Medical Assistant with the Rutherford County MedPoint Clinic.

Most days, you can find her at MedPoint at Walter Hill. But, she’s a team player and is happy to help wherever she is needed. She loves working with people and solving problems.

Before receiving her Medical Assistant degree and joining the MedPoint staff, she worked for Nissan for 18 years. She is a Christian, wife (38 years!), mother, and grandmother. She has been blessed with two children and two grandchildren.

She enjoys mission work and LOVES Nigeria.

## Avoid Heat Exhaustion And Heat Stroke



### Signs You May Be Having A Heat Related Illness

*Leg cramping*

*Heavy sweating*

*Nausea*

*Red, hot skin*

*Rapid pulse*

*Headache*

*Confusion*

*Dizziness*

The most important thing to remember is the **value** of recognizing early warning signs that you may be overheating and to react.

Take a break in a cool area and rehydrate before heavy sweating begins followed by dizziness and nausea.

Leg cramping and light sweating are signs that the body is losing electrolytes.

Without proper care, the body will eventually stop sweating completely and all internal cooling will cease. A heat stroke may then set in.

When early warning signs are missed, it

may be necessary to cool down using ice packs on areas of the body where blood is close to the surface of the skin, such as the armpits or neck.

Other effective ways to cool the body are taking a cool shower or wrapping yourself in a cool, wet blanket.

- Stay hydrated by drinking plenty of water and fluids with electrolytes
- Take regular breaks to cool the body down
- Wear lightweight, breathable clothing
- Seek out an air-conditioned or shady area
- Avoid exercising during the hours of 10am - 4pm when the sun is most intense
- Take a cool shower or wrap yourself in a cool blanket

# Beat the rush!

July

Aug

Sept

Appointments are readily available at all MedPoint Clinics with short wait times. Call 615-904-6770 to schedule your Biometric Screening.

Appointments may be limited due to approaching deadline. Check the August Risky Business Newsletter for extended clinic hours.

Appointments are limited and wait times may occur. The clinics will be busy but we continue to provide you with excellent service.

